

# Utah National Guard Suicide Prevention



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# STIGMA



*A negative perception that those who seek or need behavioral healthcare will be discriminated against, reinforcing the pervasive belief in the military that receiving behavioral healthcare is career ending and that those who seek it are constitutionally weak. These prevalent behaviors in the military culture seriously undermine suicide prevention efforts.*

**MG Brian Tarbet**  
**Commanding General**  
**Utah National Guard**



# Resilience



*“Resilience is the inner strength, that certain something that enables some people to thrive through hardship...the ability to turn loss into gain...to be strengthened by and even transformed by adversity.”*

*—Wounded Warrior Project*

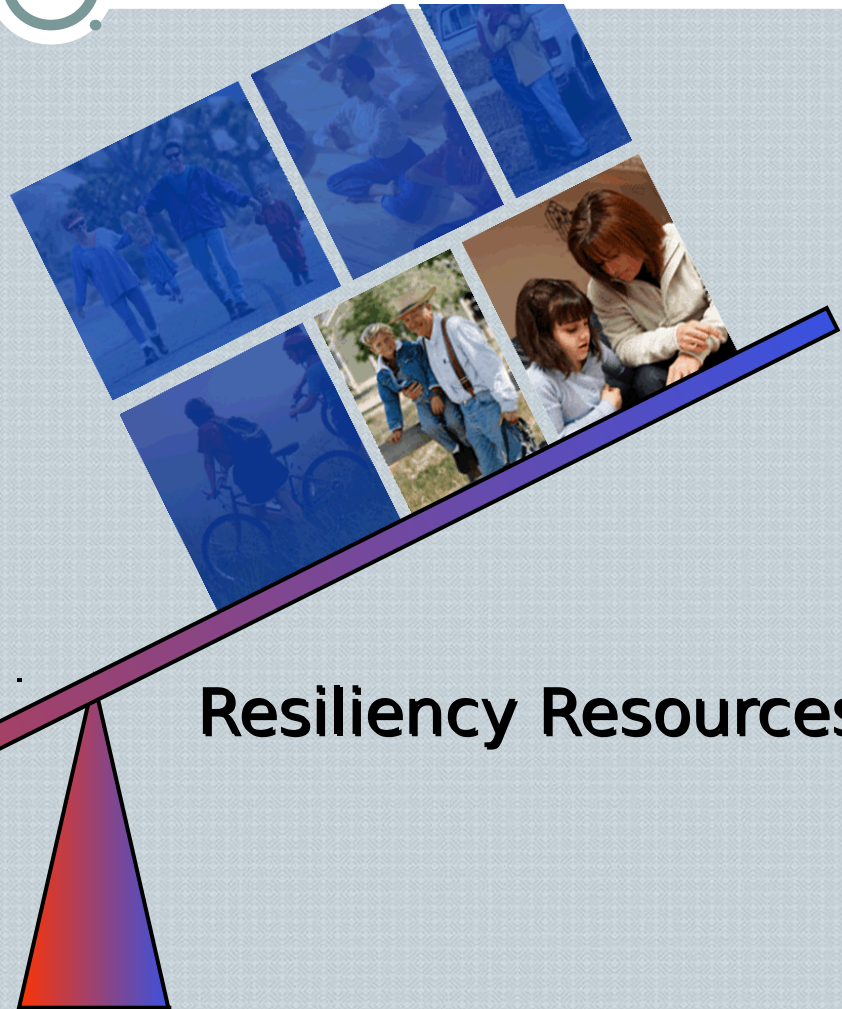
# Resilience



**Stressors**



**Resiliency Resources**





# Utah National Guard Suicide Prevention



## Suicide Risk Factors

- Previous suicide attempt
- Past psychiatric hospitalization
- Poor social skills
- Decline in work or school performance
- Illness
- Hand guns in the home
- Drug or alcohol abuse
- Recent loss
- Seasonal Adjustment Disorder (SAD)
- Depression

# Utah National Guard Suicide Prevention



## Warning Signs

- Talk of suicide or hinting about wanting to die
- Giving away possessions
- Withdrawal from friends and activities
- Bizarre or unusual behavior
- Changes in sleep pattern
- Changes in eating habits
- Substance Abuse (decreases ability to control impulsive behavior)
- Feeling sad, depressed, hopeless





# Utah National Guard Suicide Prevention



## Ask your buddy

- Have the courage to ask the question, but stay calm
- Ask the question directly; Are you thinking of killing yourself?

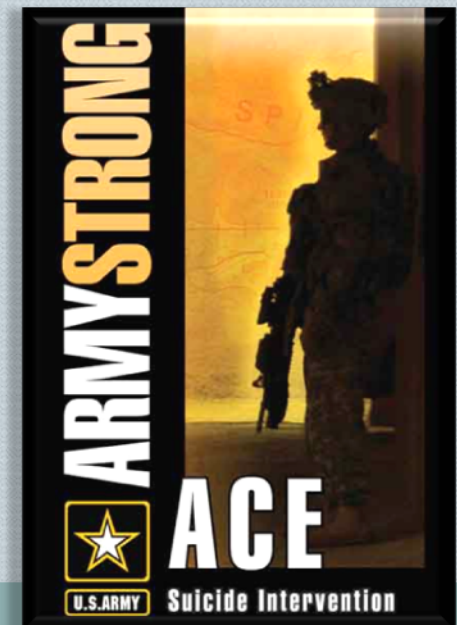
## Care for your buddy

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used

for self-injury

## Escort your buddy

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional or medical provider
- Call the National Suicide Prevention Lifeline 1-800-273-8255 (Talk)



# National Resources



## **National Suicide Prevention Lifeline: 24/7 Crisis Assistance**

**[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**

**1-800-273-TALK (8255) Press #1 for Vets**

The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential hotline available to anyone dealing with suicidal thoughts or emotional stress. The site lists suicide warning signs, what to do if a friend needs help, information about when and why to call, who should call and who will pick up the phone at the other end. The network consists of local crisis centers, counselors and mental health referrals



## **Military OneSource: Free and Confidential, Army Family Resources**

**[www.militaryonesource.com](http://www.militaryonesource.com)**

**1-800-342-9647**

Military OneSource assists service members and their Families with any needs that come up in life including information about health and relationships, family and recreation and financial and legal help. This service is free, confidential and offered online or by phone to active-duty, reserve and National Guard Soldiers.



# National Resources



## **Real Warriors: 24/7 Reintegration Assistance [www.realwarriors.net](http://www.realwarriors.net)**

Real Warriors offers 24/7 help, allowing individuals to choose between a phone call or live chat. The site focuses on building resiliency, facilitating recovery and supporting reintegration of all service members, veterans and their Families. The campaign fights to eliminate the stigma associated with seeking help and encourages service members to use available resources. Real Warriors also offers information to assist service members and their Families with issues before, during and after deployments.



## **AfterDeployment.org: Resources for Specific Challenges [www.afterdeployment.org](http://www.afterdeployment.org)**

AfterDeployment.org is a behavioral health resource that supports service members, Families and veterans with post-deployment challenges. This site links visitors with a variety of resources including dealing with post-traumatic stress, depression and anger issues, traumatic brain injury and alcohol and drug dependency. The site will soon host a self-assessment page, which will guide individuals to helpful resources to deal with their specific issues.



# National Resources



## Wingman Project [ut.wingmanproject.org](http://ut.wingmanproject.org)

Goal: The goal of the wingman project is to eliminate Warfighter and family member suicide through human outreach, media and training.

Provides online ACE training and video clips of Wingman and families in action



## TRICARE Assistance Program (TRIAP) [www.tricare.mil/TRIAP](http://www.tricare.mil/TRIAP)

Expansion of behavioral health services through the use of audiovisual telecommunications such as video chat and instant messaging. Assistance Counselors provide private confidential counseling 24/7 for short term, non-medical issues.

Eligibility: Active duty members and families; Beneficiaries using Tricare Reserve Select (TRS); Beneficiaries covered under TAMP.



SPARRC Search this Site SEARCH

**In Crisis?**  
Call the National Suicide Hotline  
**1-800-273-8255 Press 1**

#### Main Navigation

- About Suicide
- Self Assessments
- Resource Library
- Videos

#### Service Links to Suicide Prevention

- Army
- Navy
- Air Force
- Marines
- Coast Guard
- Veterans Affairs
- Air National Guard
- Army National Guard
- Reserves

Shoulder to Shoulder: DA civilian training  
views: 1  
☆☆☆☆☆

Shoulder to Shoulder: I will never quit on  
views: 1  
☆☆☆☆☆

Gary Sinise PSA  
Video  
views: 1  
☆☆☆☆☆

Deborah Norville PSA  
Video  
views: 1  
☆☆☆☆☆

Suicide Prevention Month Public  
views: 1  
average: ☆☆☆☆☆  
your vote: ☆☆☆☆☆

00:00 01:00

#### Welcome



The loss of an individual to suicide impacts family, friends, co-workers, and the community. [SuicideOutreach.org](http://SuicideOutreach.org) is a comprehensive resource - here you will find ready access to hotlines, treatments, professional resources, and forums and multiple media designed to link you to others. The site supports all Service Branches, the National Guard and the Reserves, and our veterans, families, and providers.

**Are You or a Friend  
at Risk For Suicide?**

**Check For Warning  
Signs Now**

[Click to Enter](#)

**Outreach  
Center**

Talk by phone with a Health  
Resource Consultant and get  
connected to resources 24/7

[Click to Enter](#)

**Chat**

Chat online with a Health  
Resource Consultant and get  
connected to resources 24/7

[Click to Enter](#)

**Find providers and  
resources near you.**



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# Local Counseling Resources



- Utah State National Guard Director of Psychological Health
  - ❖ Gary V. Broadbent
- Utah State National Guard Military Family Life Consultants (MFLCs)
  - ❖ Draper: Terry Routt
  - ❖ St. George: Bruce Jenkins
  - ❖ Camp Williams **Youth Center**: Andrea Phillips
- Utah State National Guard Chaplain's Office
  - ❖ Draper: Terry Routt
- Give an Hour (GAH)
  - ❖ [www.giveanhour.org](http://www.giveanhour.org)



# Local Resources



## Utah State National Guard Service Member & Family Support Services (SMFSS)

MAJ Annette Barnes Phone: (Office) 801-432-4533 (Cell) 801-716-9086

## Utah State National Guard Office of the State Surgeon

CPT Tambra Puro Phone : (Office) 801-432-4406 (Cell) 801-716-9252

## Utah State National Guard Substance Abuse Advisor

SFC April Rylander Phone: (Office) 801-432-4943

## Utah State National Guard Utah Veterans Concierge

Bart O. Davis Phone: (Office) 801-432-4937 (Cell) 801-566-4596

## Utah Department of Veteran Affairs: Suicide Prevention Coordinator

Michael D. Koplin Phone: 1-801-582-1565 ext 6310

## Your

Battle Buddy/Wingman  
Commander, 1SG, SIO  
Family Members



**QUESTIONS ?**